

Crisp Cucumber Salsa

Serving size: 2

Calories per serving: 82

Ingredients:

2 cups finely chopped cucumbers, peeled and seeded

1/2 cup finely chopped seeded tomatoes

1/4 cup chopped red onions

2 tablespoons minced fresh parsley

1 jalapeno pepper, seeded and chopped

4 1/2 teaspoons 4-1/2 minced fresh cilantro

1 garlic clove, minced

1/4 cup reduced-fat sour cream

1 1/2 teaspoons 1-1/2 lemon juice

1 1/2 teaspoons 1-1/2 lime juice

1/4 teaspoon ground cumin

1/4 teaspoon seasoned salt

Baked tortilla chip scoops



Directions:

Chop the cucumbers by hand or with a food processor by jogging it. In a small bowl, combine the first 7 ingredients. In another bowl, combine the sour cream, lemon juice, lime juice, cumin and seasoned salt. Pour over cucumber mixture and toss gently to coat. Serve immediately with chips.